



Five burning questions from this week's 'Game of Thrones.' 9



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#### MICHAEL MARTIN

From Trump's Twitter account to official White House statements, the Trump administration seems to have a problem catching misspellings. Find out more at metro.us/ president-trump

# TRUMP FINALLY CALLS HATE GROUPS CRIMINALS

President Donald Trump denounced neo-Nazis and the Ku Klux Klan as criminals and thugs on Monday, bowing to mounting political pressure to condemn such groups explicitly after a white-nationalist rally turned deadly in Virginia. Trump had been assailed from across the political spectrum for failing to respond more forcefully to the violence. The head of one of the world's biggest drug companies

quit a presidential business panel as a result, saying he was taking a stand against intolerance and extremism. Critics slammed Trump for waiting too long to address Saturday's violence in Charlottesville and for initially saying that "many sides" were involved, instead of singling out the white supremacists widely seen as sparking the melee. Several senators from his own Republican party had harsh words for him.

# MADURO SEEKS TO CAPITALIZE ON THREAT

While U.S. Vice President Mike Pence travels to Latin America tamping down concern over his boss's threat of possible military action in Venezuela, the country's leader, Nicolas Maduro, sought to capitalize on local outrage by holding an "anti-imperialist" protest on Monday. The march

started

with a late morning rally and was expected to end at the presidential palace where Maduro will address the crowd, while a conciliatory Pence continued a tour of the region that began in Colombia on Sunday. In Cartagena, Pence backpedaled from President Donald Trump's statement last week that a "military option" was on the table for Venezuela.



# MAN ARRESTED IN PLOT TO BOMB OKLA. BUILDING

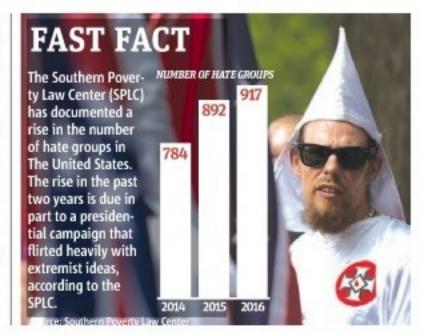
An Oklahoma man has been arrested by the FBI on charges that he tried to blow up an Oklahoma City bank building with a van he thought was packed with explosives, U.S. prosecutors said. The Federal Bureau of Investigation arrested Jerry Drake Varnell, 23, of Sayre, Oklahoma, on Saturday. According to a complaint, Varnell had initially planned to bomb

the U.S. Federal Reserve in Washington, D.C., in a manner similar to the 1995 explosion at a federal building in Oklahoma City that killed 168 people. "This arrest is the culmination of a long-term domestic terrorism investigation involving an undercover operation, during which Varnell had been monitored closely for months as the alleged bomb plot developed," federal prosecutors said in a statement.

# **NEO-NAZI SITE'S CANCELED** BY GODADDY THEN GOOGLE

➤ Neo-Nazi website the Daily Stormer had its domain registration revoked twice in less than 24 hours, in moves that threatened to take it offline if it does not find a replacement for GoDaddy and Google, which both said the site had violated their terms of service. GoDaddy Inc. disclosed late on Sunday via Twitter that it had given The Daily Stormer 24 hours to move its domain to another provider, saying

it had violated GoDaddy's terms of service. The white supremacist website, associated with the altright movement, helped organize the weekend rally in Charlottesville, Virginia, that turned violent. GoDaddy feared the site might be used to incite further violence after the events in Charlottesville. including the death of Heather Heyer, who was fatally struck by a car allegedly driven by a man with white nationalist views.



# Some passengers won't fly due to intensified TSA pat-downs

TSA officials say security searches of sensitive areas are part of protocol, even if some passengers feel violated.



In the post-9/11 era, most Americans know that air travel may mean being subjected to somewhat invasive security searches by TSA agents.

But what they might not know is that a protocol to intensify those searches was handed down earlier this year, and some passengers say they have been left feeling violated.

"The twice-announced, 30-second rummaging over my genitals seemed completely disgusting," said a 74-year-old man who told Metro he skipped a flight out of Logan International Airport after an overly intimate pat-down.

The man, who asked not to be identified for professional reasons, also claimed that TSA agents declined his request for a private screening, which TSA protocol states must be offered to any passenger who does not wish to be patted down while waiting in public view with other passengers.

"I offered twice to enter a private screening area, take of my pants so that they could visually inspect my private parts in great details and go through my pants in a more thorough way than otherwise possible," he said. "After checking with their bosses, they declined my offer, and I then asked to leave to take the train."

TSA spokesman Michael McCarthy declined to comment on the specific allegation, but urged all passengers who feel they were mistreated to "please file complaints with us and file it as soon as possible" and said passengers who feel uncomfortable at any point during screening should ask for privacy or help from an officer trained in working with passengers who are more sensitive.

But technically, for the roughly two million passengers who pass through U.S. airport security checkpoints staffed by some 45,000 TSA officers, anyone may be subjected to TSA's "standard pat-down" which "can include inspection of sensitive areas such as breasts, groin and buttocks," according to TSA protocol.

Why do some flyers feel like they were groped? "Pat-downs require sufficient pressure to ensure detection, and areas may undergo a patdown more than once for the TSA officer to confirm no threat items are detected," the TSA's guidelines state. Officers are directed to "use the back of the hands for pat-downs over sensitive areas of the body," but their protocols state that "in limited cases, additional screening involving a sensitive area pat-down with the front of the hand may be needed to determine that a threat does not exist."

These types of security measures are in place given the number of creative ways would-be terrorists have attempted to smuggle bombs onto U.S. planes, like underwear bomber Umar Farouk Abdulmutallab and shoe bomber Richard Reid. Pat-downs are a secondary screening that only take place when earlier screenings, such as body scanners, indicated possible concerns.

"TSA welcomes feedback such as comments, compliments and complaints from the traveling public," McCarthy said via email. "Passengers may call, email or reach us by social media ... to file a complaint."

But the 74-year-old passenger, who has not filed a complaint and preferred simply to abandon the airport, said the fact that such searches can legally take place has turned him off to domestic air travel.

"This disgusting overthe-top security protocol reflects a total lack of democratic accountability in the actions of those who present themselves as guardians of our security," he declared.



A traveler undergoes an enhanced pat down by a Transportation Security Administration agent at the Denver International Airport. GETTY IMAGES



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NEWS





Metro has updated its presence in the Boston area. DEREK KOUYOUMHAN

# Metro re-invades Boston with more than new racks

The daily newspaper is adding a variety of new components to keep readers engaged.



Have you noticed the new futuristic boxes popping up around town? It's not UFO debris, but Scandinavian-designed newspaper racks. Metro has recently added to its presence in the Boston area with new newspaper racks, the new WKND magazine and an expanded distribution, all designed to surpass expectations readers' about what they can look forward to from Metro.

"We have increased our circulation and signed a new agreement with the MBTA that will see us installing up to 125 new racks in the T system," Associate Publisher Brian Cox said. "These racks will serve two main purposes more effectively distributing papers to readers and increasing Metro's brand exposure in the market."

U.S. Circulation Director Joseph Lauletta reinforced this point, adding that "Metro's goal is to make the paper available to every working Bostonian traveling during peak hours."

The new racks are noteworthy for their streamlined, futuristic design, which was developed by Decona, a Danish design studio that focuses on urban living.

"We've been working to increase the visibility of the rack for the com-

muters while still keeping it simple," Decona CEO Michael Malberg said. Decona's designs are known for their cool, modern aesthetic, evidenced by their recently completed benches and assorted "street furni-ture" along Copenhagen Bay's waterfront.

"The new racks have been designed specifically for Boston subways," Malberg added. "But simple, functional design also puts the focus back on the core purpose: providing news for people living busy lives, exposing more people to the world around them."

Metro has added much more than just racks as the company expands its reach in Boston. Besides the new WKND magazine, a variety of other Boston-specific titles have recently been developed by the publication.

"We want to continue to grow and promote our seasonal Arts Preview sections and monthly Education and Health Guides," Cox cited as examples of how Metro's Boston content has gotten more comprehensive. "We recently ran a Wedding Guide that was very successful, and we will be launching a series of Job Fairs next month."

Editor-in-Chief Alek Korab underscored that point by emphasizing relationship Metro's with its Boston readers. Metro reaches 156,000 daily readers in Boston,

according to Nielsen Scarborough, an increase of 15 percent, year over year.

"We will never stop investing and innovating to make sure that Metro will be always perfectly suited to our Boston readers' needs," Korab said. "If young people read anything - it's Metro."

Metro has also added 17 street promoters to its team and a series of new high-end interior office racks to accommodate anyone looking to grab a paper.

"Already the most read daily newspaper in the Boston market, Metro wants to make its print edition readily available to all readers," Distribution Manager Walter Zorkers said. "[This city] is a mecca for the young professionals that our advertisers seek to reach."

Metro has been a part of the Boston media landscape since 2001 and has developed a consistent audience that gravitates toward its young, edgy content and reliable variety.

"We have a loyal readership that is growing every day, and we are so different from the traditional media outlets in the city," Cox added. "Young people read Metro at levels that the traditional newspapers cannot compare to, and we want to continue to provide that to our readers and advertisers well into the future."

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# 'Boston does not welcome you here,' Walsh warns hate groups ahead of 'free speech' rally

Some are concerned the gathering, which is scheduled for Aug. 19 in Boston, will spark violence.



After chaos erupted in Charlottesville, Virginia, at a rally organized by the alt-right, leaving one woman dead and dozens injured, fears are spreading that another event scheduled for this weekend in Boston could lead to similar violence.

Officials in Boston are preparing for the "Free Speech Rally" scheduled on Boston Common this coming weekend that some residents worry will attract hate groups and possible face-offs with counterprotesters.

"Our message to hate groups, especially any planning to come to the city this weekend, is that Boston does not welcome you here. Boston does not want you here," Mayor Walsh said at a press conference on Monday. "We reject your message, we reject racism, we reject anti semitism, we reject the KKK, we reject neo-Nazis, we reject domestic terrorism, we reject hatred and we will do every single thing in our power to keep hate out of our city."

Gov. Charlie Baker also spoke out at the press conference, reiterating that "there is no place here for that type of hatred, period, that we saw in Virginia," he said,

adding that "What happened in Charlottesville, simply put, was an act of terrorism."

The Boston rally, organized by a group Boston called Free Speech, is set for Aug. 19 from 12 to 5 p.m. The group said on their Facebook page that they are "not in any way associated with the organizers of the Charlottesville rally."

another post, the group mentioned that Baked Alaska, the online persona of a man known for organizing the "Deploraball" and anti-Semitic tweeting comments, has been confirmed as an attendee. (Baked Alaska was reportedly at the Charlottesville "Unite The Right" rally and was sprayed in the eyes with an unknown substance there. Supporters claim he may have been attacked with a chemical agent and could face permanent eye damage.)

Mayor Marty Walsh also confirmed that the Boston rally is being planned by a different group than the one responsible for the white nationalist rally in Virginia. Still, he encouraged them not to come to Boston so soon after the Charlottesville incident as "the emotions and the wounds and the pain is very fresh from what happened in Virginia."

"We are a city that believes in free speech," he added, "but we will not tolerate incentives to violence."

Walsh said he learned of the Charlottesville incident and a possible upcoming rally in Boston as he bounced between community events throughout the weekend, one of which included thanking veterans for their service in East Boston.

"Those veterans didn't have to be asked twice to condemn swastikas and all that they stand for,

but our president had to be shamed into doing the same thing two days later," Walsh said, referring to President Trump's initial silence about the incident.

State and local police are gathering information about the group.

The State Police Division of Homeland Security have been in touch with the Boston Police Department about the rally. Dan Bennett, secretary of public safety for the state police, said that 2,000 troopers are ready to work with Boston of-

ficers if need be.

"We have great teamwork every time there's either a demonstration or a celebration in Boston," he said. "We're 100 percent confident Boston police and state police will make it a safe day on Saturday."

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Mayor Marty Walsh condemned the hateful acts in Charlottesville, Virginia, on Monday while warning about precautions being taken for a possibly similar rally scheduled in Boston. DEREK KOUYOUMUIAN / METRO



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# How to get into an Ivy League college

Straight As and community service just won't cut it.



College application season is approaching, which means thousands of students will soon be fighting for the few coveted seats at the nation's most selective colleges, the eight Ivies.

While many students think scoring an acceptance revolves around boasting the highest GPA, hours of community service and a never-ending list of extracurricular activities. the truth is, it takes a lot more than that. We spoke with admissions counselor, Danny Ruderman for the recipe to Ivy League success.

Think beyond numbers When it comes to getting into an Ivy League, "the



numbers just aren't enough," says Ruderman. After all, "Admissions officers are going to thumb through 25,000 students with perfect A's and really great test scores."

The last thing they want to see is another applicant with nothing

but top-notch grades. What they're much more interested in is what you've done to follow your passions outside of the classroom. "They want to see that you pursue certain projects on your own and that you're a go-getter."

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So if you like to write screenplays in your spare time, or enjoy coding and creating video games, you should explain those passion projects, says the expert. Anything you can do to demonstrate that you have a real interest in a

niche activity will help you stand out from the piles of generic applications touting recordsetting GPAs.

#### Don't be afraid to talk about challenges

A lot of kids think giving off an air of flawlessness will help them get into a good college.

"They think that their essays are supposed to say, 'I am the perfect student, I have never experienced anything bad and I will rock it if I get into your school," explains Ruderman. Except that's not true. In fact, explaining how you overcame a major challenge can be very beneficial. "If you struggled with a learning disability, but you achieved in school anyway, or you had a family tragedy that resulted in your grades dipping during your sophomore year and then you rebounded and became even stronger — tell that story," says the college expert.

Admissions officers want to see character, "and nothing reveals character more than conflict."

#### Go big with supplemental material

The standard college application can only reveal so much. That's why it's important that students jump on any chance they get to submit supplemental material. "But that doesn't mean sending over a video introducing yourself and saying 'I'm awesome,'" explains Ruderman. Admissions officers want to see clear examples of your skills. If you're someone who's obsessed with storytelling, try turning in the first chapter of your working novel, says the expert. You can even send them over a video of you performing in a school play if you've got a knack for theater. At the end of the day, he explains, it's all about highlighting your individuality.

#### Going back to class? We've been expecting you!

Adult learners, ages 25 and older, are one of the fastest growing groups on many college campuses. It has been reported that over one-third of all students today are adult learners. And, this trend is likely to continue, as more and more adults look to further their education.

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The New Roxbury Community College (RCC) opens in Fall 2017! The College is currently undergoing \$72.5 million in renovations; and, our fully-renovated Media Arts Center, new Student Commons, and new Health Sciences Building open this fall. While RCC will look completely different, what makes us great hasn't changed.

Roxbury Community College (RCC) is a diverse, forward-thinking, student-centered and inclusive community college, located in the heart of Boston. We're steps away from Mission Hill and Dudley Square, and minutes away from Fenway and the Longwood Medical Area. There's no better place to study and learn than RCC.

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# Cambridge College

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"For over 45 years our mission has focused on creating access, opportunity and an environment where adult learners can learn, thrive and succeed," said Susan M. Ifill, Chair of the Board of Trustees for Cambridge College, Ms. Ifill, an alumna of its Graduate School of Management further stated, "We see an opportunity in this decision to think creatively about how we continue to evolve our programs, services and partnerships to support our mission."

What remains the same is Cambridge College's commitment to combining superior education with expert faculty and a multi-cultural, multigenerational student body to provide a unique,

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Another benefit for students is that the non-profit college will now be able to unite all graduate programs under one roof. "A single campus model will more effectively meet the needs of our current and prospective students. The Hood Park campus will offer a number of benefits for our college," said Deborah Jackson, President of Cambridge College.

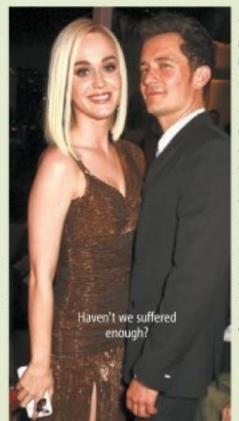
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# Katy & Orlando might be back on

My 14th greatest fear may have been realized: Katy Perry and Orlando Bloom may be back to entertaining each other's public and private parts. Oh dear.

Perry and Bloom were spotted at an Ed Sheeran concert — of course — in Los Angeles over the weekend. And they were, ahem, "getting cozy."

Sure, they showed up wearing jackets and baseball caps, but the crowd noticed them anyway. Perhaps because the stench of their com-



bined thirstiness was enough to overwhelm everyone in a five-foot radius.

An eyewitness says they even touched each other - with their arms! "Orlando put his arm around Katy's waist several times, and at one point, she sat on his lap." OK, sure!

It just feels like these two together is something that nobody wants. Like, even they barely want it, you know?

# Meghan Markle gets another dude's approval

giving their opinion.

Were you wondering how Prince Harry and Meghan Markle are doing? Well, they're just fine. I mean, I'm assuming. I haven't heard anything that would prove otherwise. Besides, Mike Tindall is making news for giving his approval of the pair, so who even cares what they're

> up to? There's a man out here begging for publicity, so let's give it to him. Tindall is the husband of

Zara Tindall, Prince Harry's cousin. And he told the Sunday People that he thinks the "Suits" star will be a great fit for the royal family.

"She has been under enough scrutiny and pressure in her day-to-day life, so I'm sure she will get through it. She will be fine." Thanks, Mike!

His tacit approval comes on the heels of rumors that Markle and the Hot Ginger Prince got engaged during a romantic Botswana safari. Because there's nothing more touching than the small of rhino poop in the air.

# Leonardo DiCaprio will become Leonardo da Vinci



rachael.clemmons@metro.us Oscar — will star as da Vinci in a biopic about the famed painter and scientist.

Some outlets are going with the whole, "a role he was born to play!" thing. Just because according to "family legend," which, sure, DiCaprio got his name after this mother felt her unborn son kicking while she was looking at a da Vinci paint-

> ing. Um, OK! So there you have it. Is it too early to start placing bets on whether or not Di-Caprio will complain his way into an Oscar this time, too?

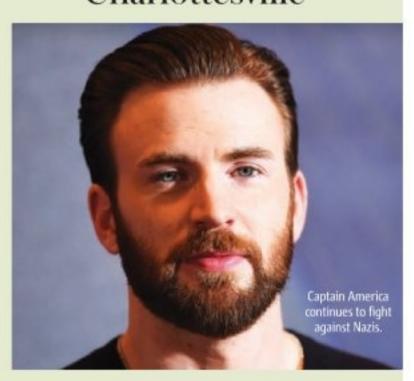
Chris Evans was one of several critics who bashed President Donald Trump for his response to the deadly attack in Charlottesville over the weekend.

RACHAEL VAUGHAN CLEMMONS @rachaelclemz

> The Marvel movie star once again took to his Twitter account to slam the commanderin-chief, this time for saying that there has been violence on "many sides," but failing to condemn white supremacy or Nazism by name. Evans went so far as to say that words aren't strong enough to show just how much he dislikes Trump.

> The actor, however, did praise Virginia Gov. Terry McAuliffe for his reaction to Saturday's events and for denounc-

# Chris Evans blasts Trump over Charlottesville



ing all the hate.

The 36-year-old Massachusetts native went on a serious tweetstorm over the weekend, retweeting several messages that condemned the hateful gathering as well as the president's response to what hap-

pened. Evans seemed to agree with what stars like LeBron James, Patton Oswalt and Kumail Nanjiani had to say about the situation.

Leave it to Captain America and his pals to continue the fight against Nazis. MATT JUUL



# Burning questions from this week's "Game of Thrones"



A lot of things went down on "Eastwatch," Sunday's episode of "Game of Thrones." We may be nearing the end of season seven, but the series remains committed to bringing young, hot Brits to our television screens. Looking at you, Hot Gendry!

Still, the fifth episode of this short season didn't give us all the answers. Here are five burning questions we have after watching "Eastwatch."

Will Littlefinger's creepiness ever have a point? Petyr Baelish, who spells his name wrong, has been very creepy since the very beginning of "Game of Thrones." He's been lurking in corners and whispering in people's ears - all the classic villain moves.

In "Eastwatch," Littlefinger did a lot of shadow lurking. But according to showrunner D.B. Weiss, it's all because he's trying to prevent Sansa and Arya from gettin' that sisterly bond. Because we all know that would be horrible for Littlefinger's brand. "He's looking for a way to prevent this sister bond from developing further because the tighter that bond is, the more definitively he is caught on the outside of it." That's great and all, but I can't wait for things to come to a head. It's been far too long.



Gendry made a beautiful, wonderful return in Sunday's episode, "Eastwatch." HBO

dude?"

Is Cersei really pregnant? Cersei is at her most manipulative right now. And in this writer's very humble opinion, there's no way she's actually pregnant. She's just taking advantage of Jaime's sense of loss — I mean, all three of their children are dead — to ensure his loyalty. Cersei is trying to take over all of Westeros and maybe burn it to the ground; she doesn't have time for pregnancy.

Also, let's be honest: She probably shouldn't have any more kids. They have a tendency to die horribly.

Is the series setting up a love triangle between Dany, Jon and Jorah? There were a lot of meaningful glances exchanged between Dany and Jon, Dany and Jorah, and Jorah and Jon. Jon looked at Dany and Jorah with sad sploosh eyes when they reunited

episodes? Probably not, but a girl can dream.

What's going to happen north of the Wall?

That's the biggest question here. "Game of Thrones" did all the work to put together this ragtag group of misfits - did you ever imagine the Hound, Jon Snow and Jorah in a room together? - and next week's episode will be the payoff. A bunch of people are totally going to die trying to bring a wight to King's Landing, right?

Finally, will anyone ever listen to Gilly?

Poor mouth-breathing Gilly. Over here reading a book that has the truth about Rhaegar and Lyanna, and Sam won't even listen because he's mans-complaining about the damn Citadel. I mean, I know I will never take her seriously, but won't anyone else?



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# James Marsters explains why Buffy'



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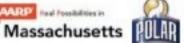
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The actor talks 20 years of the hit series.



Since 2017 marks the 20th anniversary for the premiere of the legendary television drama "Buffy the Vampire Slayer," we decided to head back to the world of Sunnydale, demons and a whole lot of '90s denim looks with actor James Marsters.

Known for playing Spike, the platinum blonde vampire heartthrob, Marsters knew from day one that "Buffy" would be a sci-fi hit like "Star Trek." Here's what the 54-year-old actor had to say about the show turning 20, his music career and joining Marvel's "Runaways" series.

#### "Buffy" celebrates its 20th anniversary this year. Why has the show been able withstand the test of time and remain so iconic?

Whatever your job is, you hope to do something that matters and lasts. Being a "Star Trek" fan, I was on the set of "Buffy" telling the cast we could be the new "Star Trek." I was aware that in a science fiction or fantasy series, if you can create a world that is interesting to the audience, even after they've memorized the dialogue and they know how the plot plays out - if that's still a world they want to come back to, they will keep coming back. As I was watching "Buffy," I noticed there's this sparkle or interestingness. I used to say that if you can find some way to make something interesting, terrifying or funny to happen every 30 seconds, then you have a successful television series. If you can do it every 15 seconds you've got a hit, and if you can do it every four seconds you've really got something going on. And I was noticing that "Buffy" was doing it every four seconds, like clockwork. And if we become the new "Star Trek" then I claim Spock. Spock Spike, Spike Spock either way.





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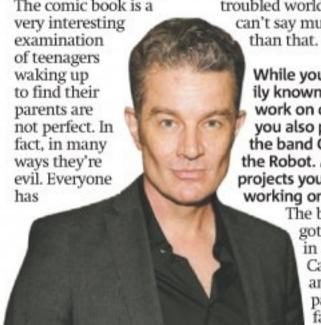
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# is this generation's 'Star Trek'

If you had to guess, what would your character Spike be up to these days?

I would hope after 20 years, he would have figured out what to do with his soul. I think he was on the slow road to redemption when we left off with "Buffy" on the show. He was certainly enjoying being a jerk to his old friend Angel, but hopefully he's grown past his competition with him. And mostly, I wish he has become the kind of vampire that would deserve Buffy. I think the ultimate pairing on the show was Buffy and Spike, as it obviously cannot happen with Angel since he becomes soulless every time they couple. But I also don't think he was ready for her yet, he had a lot of learning to do. I think getting the soul was just the first step to that. So yeah, after 20 years, he would totally deserve her.

We know you probably have to keep quiet, but can you tell us a little bit about your role as a criminal parent in the upcoming Marvel series "Runaways" on Hulu? I am overjoyed to be working with Marvel. Everyone I've met is on the top of their game and couldn't be friendlier. The comic book is a



been there, and it's made me look around my life and wonder in what ways am I evil. In what ways will my kids look at my behavior and come to the conclusion that I'm not very good. Depressingly, there are things that I come up with. I am a part of a generation that is leaving them with a troubled world. Sadly, I can't say much more

> While you're primarily known for your work on camera, you also play in the band Ghost of the Robot. Are there projects you guys are working on?

The band just got together in Southern California and had a party with fans so that we could share our latest album "Pair of Bulls." I am over the moon about the albumit is the best music we've done. It is clean and sparkling, and I think that is obvious that we are still learning as with every album we get better. We did a live concert before we released the album, put that on our Facebook and Instagram feeds and we reached about 170,000 people that night. The little concert didn't suck, which is good.

Going back to that iconic musical episode of "Buffy," how would you feel about bringing that onto stage?

Oh God, that would be awesome! Firstly, because on stage, my face would be a pin-size and you could almost believe that Spike was still young if I'm a football field away from you. I think the material would hold up, and I come from theater so the idea of doing something live would be fabulous.

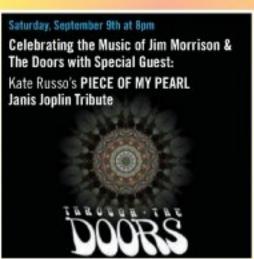


James Marsters rocked blonde locks as Spike. GETTY IMAGES

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how herbal and plant
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KATE MOONEY @yatinbrooklyn kate.mooney@metro.us

We can all agree tensions are pretty high right now. There's plenty to stress out about on a global level, on top of our personal anxieties, which we all have on account of being human.

While we're mostly all trying to live a healthy lifestyle — get enough sleep, exercise, eat right - we can use all the extra help we can get. Aromatherapy, while no substitute for care from a mental health or medical professional, can be a nice self-care boost to help you get a good night's sleep, relieve your anxiety and refocus your energy.

"You can't put all your emphasis on peppermint to cure everything if you're also drinking a six-pack and sitting in front of the TV all day," explains Amy Galper, founder of the NY Institute of Aromatherapy. "Aromatherapy and using essential oils for healing is considered a complementary alternative-care modality."

The certified aromatherapist talks us through how to get started with essential oils, which extracts are best suited to which ailments and how we can make our own DIY blends.

# How to use essential oils

Galper defines essential oils as "highly concentrated aromatic extracts that are steam distilled from plants." You can apply the extractions topically - through body-care products such as sugar scrubs, hand cleanser, lip balms, or through a blend diluted with oil or water. (Directly applying oils to the skin can cause irritation). Inhaling their scent is another way. Add a few drops into what's called a nebulizing diffuser, which will vaporize the liquid and fill your home with a pleasing aroma.

# Essential oils for relaxation

Galper recommends a blend of lavender, red mandarin and frankincense essential oils (or any of those on their own). Apply directly onto the skin, or add a few drops to a diffuser. Study shows lavender oil can lower blood pressure.

For a good night's sleep, try chamomile, lavender and clary sage. Lush Sleepy Body Lotion, which insomniacs swear by, incorporates lavender oil into its formula. A study from Wesleyan University found that olfactory exposure to the lavender can lead to deep sleep.

#### For energy

Say it's late afternoon and you want to refocus your thoughts and power through the rest of the day. Rosemary, eucalyptus and fennel are all good for clearing the mind and improving circulation, Galper says. Juniper berry, pine needle, cypress oil with lemon can also aid in alertness.

#### For aches and pains

If you're feeling stiff or experiencing muscle or joint pains, Galper suggests a mix of peppermint, lavender and marjoram, which you can rub directly onto the trouble areas.

#### DIY essential-oil blends

At NYIOA, you can take classes on how to make your own formulations, or even become a certified aromatherapist through its training program.

But if you want to get started at home, mixing your own spray bottle is an easy first step. Purchase a small spray bottle at Duane Reade and fill it with an essential-oil blend that you can use as a refreshing mist for your face and body, or to spray in your home. Here's how you do it: For every one ounce of (distilled) water, add 12 drops of essential oil, and shake well, says Galper.

Make sure

you'repurchasing essential oils at an apothecary or a natural foods store, Galper cautions, so you can be sure they're coming from a plant and not adulterated with synthetic fragrances, which could lead to allergic reactions.

If you're pregnant or breastfeeding, consult with your doctor before using essential oils.



13



Mitch Moreland is doused with Powerade after a walk-off Red Sox victory earlier this month. GETTY IMAGES

three-run

This past

homer.

# It's true, the Red Sox can actually hit

Boston's offense has awakened in the month of August.



The Red Sox are peaking as we inch closer to the MLB playoffs as they were a phenomenal 9-1 heading into Monday night's makeup game against the Indians.

The outstanding start to the month has been highlighted by a relative offensive explosion as in five of those wins the Sox scored five runs or more. Sure, there have been signs that they're still not entirely an offensive juggernaut like the Sunday night game against the Yankees in which they only

had one run heading into the ninth inning but for a club that has ranked dead last in the American League in home runs for the majority of the year, this power surge is

a welcomed sign. the next The Sox began the month, on Aug. 1 at Fenway, singling by outslugging the Indians eventual in a 12-10 victory. run in Eduardo Nunez inning. had four RBIs in that by the one biggest and Chrisof the tian Vazquez won it with a walk-off,

Saturday, the Sox racked up 10 runs against the Yankees in the Bronx highlighted by two three-run blasts by

Andrew Benintendi.

Benintendi was

at it again night against the Yanks, home the game-winning the 10th That was preceded

> moment Red Sox' 2017 season so far — the

> > game-

tying

# Lineup juggling

homer by Rafael Devers off of Yankees closer Aroldis Chapman.

"An incredible swing," Red Sox manager John Farrell said about Devers' blast. "He doesn't fear the moment. He's jumped feet first into this rivalry. It couldn't have come at a better time."

The pitch from Chapman that Devers deposited into the Yankee Stadium cheap seats was 103 mph. According to MLB.com, it was the hardest pitch any MLB player has hit for a homer since the league began tracking pitch velocity in 2008.

"I've seen 100 before, but never 103," Devers said.

The magic lineup for the Red Sox during this

## Sox back home to face Cardinals

Typically when the Red Sox and Cardinals meet it's in the World Series — but the two pseudo rivals will square off at Fenway this week for a two game series starting on Tuesday night. The Cardinals are 61-57 this season and a game behind the reigning champion Chicago Cubs in the

Rick Porcello (6-14, 4.63 ERA) will get the ball for the Sox in the opener and will be opposed by St. Louis' Mike Leake (7-10, 3.48 ERA).

On Wednesday, Eduardo Rodriguez (4-3, 3.80 ERA) will throw for Boston while the Cards will counter with Lance Lynn (10-6, 3.12 ERA).

hot late summer streak has included Nunez. Benintendi and Mookie Betts in the top three spots — in no particular order. Devers has typically hit out of the seven hole (or pinch hit), with Hanley Ramirez batting cleanup and Mitch Moreland batting fifth. It will be interest-

ing to see how Farrell shuffles the lineup when second baseman Dustin Pedroia returns to the lineup from the 10-day disabled list (left knee inflammation). Pedroia has the best batting average of any Red Sox player with over 200 at-bats this season at .303.

# Pats postion preview: A strong safety unit

Devin McCourty leads a strong set of safeties.



The New England Patriots look to have one of the top secondaries in the NFL during the 2017-18 season.

We've already gone over the cornerback position, which features studs Malcolm Butler and Stephon Gilmore, but it doesn't end there when it comes to defending the pass.

The safety position is another strength for New England, and one that should continue to excel in 2017. And with Gilmore, the safeties can focus on surveying

the field and playing to strengths rather than dedicating consistent safety help on a given opposing player.

Devin McCourty, one of the best free safeties in the game, should be even more effective reading the quarterback this year and putting himself in position to break up passes and make tackles.

Pat Chung can do what he does - which is a lot. Whether he lines up at safety, linebacker, blitzes, stacks the box, etc., Chung rarely comes off the field on defense.

Opposing teams throw a lot on the Patriots because they're usually playing from behind. Opponents threw on them 596 times in 2016, the seventh most

in the NFL. But the defense did well in limiting big plays, and that's got a lot to do with the safeties. According to Sportingcharts.com, the Patriots allowed 27 passes of 25 yards or more in 2016, the 10th fewest in the NFL.

The favorites

Devin McCourty, Pat Chung, Duron Harmon, Jordan Richards, Nate Ebner, Brandon King On a defense and secondary that always seems to be changing with Bill Belichick, Mc-Courty is the consistent force back there and for good reason. After changing from cornerback to safety in 2012, McCourty has vaulted to the top of the free safety charts. He finished 2016 with



Devin McCourty, right, pumps up the Pats secondary prior to Super Bowl LI. GETTY IMAGES

83 combined tackles, a forced fumble, interception, and seven passes defended.

When the Patriots brought back Chung after he went to the Eagles for the 2013 season, not many people thought much of it. But after three seasons with the Patriots, it's safe to say Chung blew everybody's expectations out of the water. The versatile safety has 261 combined tackles over his last three seasons with the Pats.

To make it short, Duron Harmon's growth at

the safety position has allowed McCourty to freestyle a bit more and Chung to slide up a bit more. The Patriots will go with three safeties at the same time, and they trust Harmon to take on the more traditional free safety role. He just signed a four-year, \$17 million deal over the offseason after a very strong 2016.

Is this the year Jordan Richards makes the leap? The 2015 third-round pick has had a quiet two seasons in New England but could be ready for an

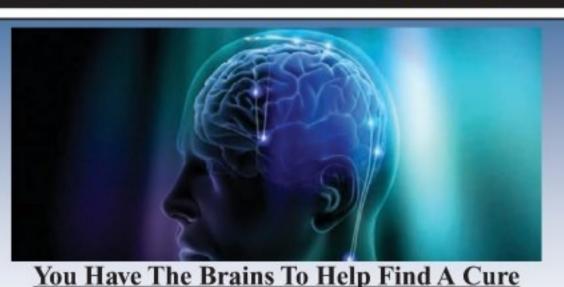
expanded role. It will be an important training camp for the thirdyear pro. The Pats need a dependable fourth safety if someone goes down.

Nate Ebner is listed at safety for the Patriots but has really made his mark on special teams. Simply put, the former rugby star is built for hitting dudes. Brandon King is a special teams stud, too.

The rest David Jones, Jason Thompson, Damarius Travis, D.J. Killings

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# **Prayers for Flair**



Pro wrestling legend Ric Flair, pictured with his daughter Charlotte, was placed in a medically induced coma on Monday prior to a surgery. Flair's situation became serious Sunday night. "We need prayers & positive energy for our Living Legend as he is dealing with some tough medical issues," wrote Melinda Morris Zanoni, the CEO of Legacy Talent and Entertainment, on Twitter. Flair was initially hospitalized for "heart-related issues." GETTY INAGES



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	nit	722	Brutus-Bernadotte, Mona	Boxes, Bags, Totes, Misc.
	nit	735	Croxen, Lori	Boxes, Bags, Totes, Misc.
PHR	CHASE	S MUST		WITH CASH ONLY ALL GOODS

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#### PS ORANGECO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 8/23/2017 at PS ORANGECO, Inc., 432 Washington St., Weymouth, MA 02188. The personal goods stored therein by the below named occupant (s):

Unit	A009	Brewster Ambulance service	Boxes, Bags, Totes, Misc.
Unit	A014	Neves, Jonathan	Boxes, Bags, Totes, Misc.
Unit	A019	Duprey, Megan	Boxes, Bags, Totes, Misc.
Unit	A023	Tull, Andre	Boxes, Bags, Totes, Misc.
Unit	A033	Tantillo, Anthony	Boxes, Bags, Totes, Misc.
Unit	A055	Botman, Diane	Boxes, Bags, Totes, Misc.
Unit	A089	Visalli, Carol	Boxes, Bags, Totes, Misc.
Unit	A098	Chang, Lauryn	Boxes, Bags, Totes, Misc.
Unit	A107	Peterson, Gregory	Boxes, Bags, Totes, Misc.
Unit	A123	Ellis, Jeffrey	Boxes, Bags, Totes, Misc.
Unit	A159	Winguist, Jonathan	Boxes, Bags, Totes, Misc.
Unit	A168	Paradis, Jessica	Boxes, Bags, Totes, Misc.
Unit	A172	Brewster Ambulance service	Boxes, Bags, Totes, Misc.
Unit	A174	Barrows, Jeffrey	Boxes, Bags, Totes, Misc.
Unit	A180	Ericson, Kenneth	Boxes, Bags, Totes, Misc.
Unit	A218	KOSINSKI, MARISA	Boxes, Bags, Totes, Misc.
Unit	A226	Terhune, Nicole	Boxes, Bags, Totes, Misc.
Unit	A247	Eavenson, Jay	Boxes, Bags, Totes, Misc.
Unit	A255	Kirimi, Maina	Boxes, Bags, Totes, Misc.
Unit	A257	MCMASTERS, JOAN	Boxes, Bags, Totes, Misc.
Unit	A270	Johnson, Phillip	Boxes, Bags, Totes, Misc.
Unit	A272	Aravind, Kevin	Boxes, Bags, Totes, Misc.
Unit	A290	Romano, Deborah	Boxes, Bags, Totes, Misc.
Unit	A321	Jones, Amber	Boxes, Bags, Totes, Misc.
Unit	A326	Yuska, Joann	Boxes, Bags, Totes, Misc.
Unit	A367	Paradis, Jessica	Boxes, Bags, Totes, Misc.
Unit	A380	Jenkins, Katy	Boxes, Bags, Totes, Misc.
Unit	A384	Wilson, Mark	Boxes, Bags, Totes, Misc.
Unit	A415	Andujar, Grisselle	Boxes, Bags, Totes, Misc.
Unit	A419	Nichols, Patricia	Boxes, Bags, Totes, Misc.
Unit	A428	Allen, Corneal	Boxes, Bags, Totes, Misc.
Unit	A469	Kelley, Brian	Boxes, Bags, Totes, Misc.
Unit	A487	Johnson, Ernest	Boxes, Bags, Totes, Misc.
Unit	A534	Alvarado, Joannie	Boxes, Bags, Totes, Misc.
Unit	A545	Hersey, Michael	Boxes, Bags, Totes, Misc.
Unit	A563	Straub, Laurie	Boxes, Bags, Totes, Misc.
Unit	A564	Phouthavong, Souvie	Boxes, Bags, Totes, Misc.
Unit	A598	Mantia, Tiffany	Boxes, Bags, Totes, Misc.
Unit	A605	Campitelli, Dean	Boxes, Bags, Totes, Misc.
Unit	A623	Camardo, Sandra	Boxes, Bags, Totes, Misc.
Unit	A624	Meade, Dylan	Boxes, Bags, Totes, Misc.

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Unit	A020	Deallya, Brian	Boxes, Bags, Totes, Misc.
Unit	V058	Reed, Michael	Boxes, Bags, Totes, Misc.
Unit	B036	Moneil, Audra	Boxes, Bags, Totes, Misc.
Unit	B050	Pirus, Sheena	Boxes, Bags, Totes, Misc.
Unit	B063	Flores, Tamara	Boxes, Bags, Totes, Misc.
Unit	C083	Padilla, Amilda	Boxes, Bags, Totes, Misc.
Unit	C084	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	C102	Ortiz, Miguel	Boxes, Bags, Totes, Misc.
Unit	C103	Harrell, Michael	Boxes, Bags, Totes, Misc.
Unit	C111	TOCCI, Edward R.	Boxes, Bags, Totes, Misc.
Unit	C117	Tidd, Michael	Boxes, Bags, Totes, Misc.
Unit	C121	Reace, Indys	Boses, Bags, Totes, Misc.
Unit	C124	Martin, Damion	Boxes, Bags, Totes, Misc.
Unit	0125	Jones, Jennifer	Boxes, Bags, Totes, Misc.
Unit	C134	REID, KELVIN	Boxes, Bags, Totes, Misc.
Unit	C138	Sheriff, Bintu	Boxes, Bags, Totes, Misc.
Unit	C161	Thomas, Jean	Boxes, Bags, Totes, Misc.
Unit	C174	Andrews, Brandon	Boxes, Bags, Totes, Misc.
Unit	C178	Laurent, Carolyn	Boxes, Bags, Totes, Misc.
Unit	C185	Buffin, Darneisha	Boxes, Bags, Totes, Misc.
Unit	C186	Cohen, Adam	Boxes, Bags, Totes, Misc.
Unit	C189	Gongon, Jose	Boxes, Bags, Totes, Misc.
Unit	C202	Cleveland, Laurie	Boxes, Bags, Totes, Misc.
Unit	0212	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	CZ15	Flanagen, Jennifer	Boxes, Bags, Totes, Misc.
Unit	0219	Davis, Bryan	Boxes, Bags, Totes, Misc.
Unit	CZZZ	tatum, leslie	Boxes, Bags, Totes, Misc.
Unit	D227	May, Nato	Boses, Bags, Totes, Misc.
Unit	D236	Murphy, Allen	Boxes, Bags, Totes, Misc.
Unit	D241	Phanuef, Maureen	Boxes, Bags, Totes, Misc.
Unit	D244	ZENE, SONYA	Boxes, Bags, Totes, Misc.
Unit	D246	Custudio-Peruz, angeli	Boxes, Bags, Totes, Misc.
Unit	D247	McClendon, Jackie	Boxes, Bags, Totes, Misc.
Unit	D256	Smith, William	Boxes, Bags, Totes, Misc.
Unit	D266	Dailey, Robert	Boxes, Bags, Totes, Misc.
Unit	D272	Cox, Jennifer	Boxes, Bags, Totes, Misc.
Unit	D289	Baptista, Mario	Boxes, Bags, Totes, Misc.
Unit	D304	Travers, Allicia	Boxes, Bags, Totes, Misc.
Unit	D318	Shawan Vaughan	Boxes, Bags, Totes, Misc.
Unit	D322	Jarvio, Jason	Boxes, Bags, Totes, Misc.
Unit	D329	Daley, Stephanie	Boxes, Bags, Totes, Misc.
Unit	D335	Flanagan, Patricia	Boxes, Bags, Totes, Misc.
Unit	D338	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	E348	Moneil, Tramont	Boxes, Bags, Totes, Misc.
Unit	E351	LaForge, Jordan	Boxes, Bags, Totes, Misc.
Unit	E355	Innocent, Danielle	Boxes, Bags, Totes, Misc.
Unit	E365	Rogers, Laurie	Boxes, Bags, Totes, Misc.
Unit	E374	Totman, Jennifer	Boxes, Bags, Totes, Misc.
Unit	E375	Cudmore, David	Boxes, Bags, Totes, Misc.
	E392	Veronesi, Debra	Boxes, Bags, Totes, Misc.
Unit	E 3982	veronesi, Debra	BOSES, BAGS, TOTES, MISC.

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Unit	A007	Collins, Lamont	Boxes, Bags, Totes, Misc
Unit	B008	Beltre, Aurelio	Boxes, Bags, Totes, Misc
Unit	B023	Austin, Nigema	Boxes, Bags, Totes, Misc
Unit	B025	Blackman, Patricia	Boxes, Bags, Totes, Misc
Unit	C011	Offner, Henry	Boxes, Bags, Totes, Misc
Unit	C012	Francis, Floyd	Boxes, Bags, Totes, Misc
Unit	C014	Selby, Merisa	Boxes, Bags, Totes, Misc
Unit	C017	Sauld, Yves	Boxes, Bags, Totes, Misc
Unit	C027	Anderson, Christopher	Boxes, Bags, Totes, Misc
Unit	C040	Buford, Amanda	Boxes, Bags, Totes, Misc
Unit	D001	Varela, Lisa	Boxes, Bags, Totes, Misc
Unit	D002	Leclerc, Maryann	Boxes, Bags, Totes, Misc
Unit	D006	Blount, Cassandra	Boxes, Bags, Totes, Misc
Unit	D013	Lerebours, Florence	Boxes, Bags, Totes, Misc
Unit	D015	Moorehead, Eric	Boxes, Bags, Totes, Misc
Unit	D016	Closson, Roseann	
Unit	D036		Boxes, Bags, Totes, Misc Boxes, Bags, Totes, Misc
Unit	D044	Gabriel, Rosalyn Pierce, Justin	Boxes, Bags, Totes, Misc
	E013		
Unit	E015	Ferguson, Norman	Boxes, Bags, Totes, Misc
Unit	E033	Green, Anthony	Boxes, Bags, Totes, Misc
Unit	E035	Mcintyre, Theresa	Boxes, Bags, Totes, Misc
	E041	Johnson, Shatika	Boxes, Bags, Totes, Misc
Unit		Dasilveira, Alti	Boxes, Bags, Totes, Misc
	E048	Gibbons, Leah	Boxes, Bags, Totes, Misc
Unit	F022	Samaroo, Nyron	Boxes, Bags, Totes, Misc
Unit	F025	Jean, Guirlene	Boxes, Bags, Totes, Misc
Unit	F027	Pray, James	Boxes, Bags, Totes, Misc
Unit	F037	Prophete, Fritz	Boxes, Bags, Totes, Misc
Unit	G001	Cooke, Rocheen	Boxes, Bags, Totes, Misc
Unit	G006	Lerebours, Florence	Boxes, Bags, Totes, Misc
Unit	G019	Donlan, Rachelramone	Boxes, Bags, Totes, Misc
Unit	H011	Wynn, Maurice	Boxes, Bags, Totes, Misc
Unit	H016	Julien, Wilena	Boxes, Bags, Totes, Misc
Unit	H018	Campbell, Trevon	Boxes, Bags, Totes, Misc
Unit	H021	Campbell, Trevon	Boxes, Bags, Totes, Misc
Unit	H045	Itzkowitz, Mark	Boxes, Bags, Totes, Misc.
Unit	1003	Brown, Sylvester	Boxes, Bags, Totes, Misc
Unit	1052	Jean-Louis, Sherlie	Boxes, Bags, Totes, Misc
Unit	J016	Young, Kenneth	Boxes, Bags, Totes, Misc
Unit	J030	Thomas, Dwight	Boxes, Bags, Totes, Misc
Unit	J034	Joyner, Charlene	Boxes, Bags, Totes, Misc
Unit	J040	Alfonseca, Pedro	Boxes, Bags, Totes, Misc
Unit	J041	Mayala, Trisha	Boxes, Bags, Totes, Misc
Unit	J060	Fraizer, Jerome	Boxes, Bags, Totes, Misc
Unit	J062	Brown, Robert	Boxes, Bags, Totes, Misc
Unit	K012	Cherry, Berberena	Boxes, Bags, Totes, Misc.
Unit	L001	Mitchell, Stephen	Boxes, Bags, Totes, Misc
Unit	L009	Lodge, Michael	Boxes, Bags, Totes, Misc
Unit	L012	Belizaire, Myriam	Boxes, Bags, Totes, Misc
Unit	L027	Brown, Tracy	Boxes, Bags, Totes, Misc
Unit	L036	Tuitt, Marydith	Boxes, Bags, Totes, Misc
Unit	L046	Sparks, Clinton	Boxes, Bags, Totes, Misc
Unit	L048	Michel, Edwich	Boxes, Bags, Totes, Misc
Unit	M002	Lombard, Joseph	Boxes, Bags, Totes, Misc
Unit	M005	Bayley, Jamiah	Boxes, Bags, Totes, Misc
Unit	M008	Boggs, Sharon	Boxes, Bags, Totes, Misc
Unit	M015	Payne, Theresa	Boxes, Bags, Totes, Misc.
Unit	M021	Thetonia, Stephen	Boxes, Bags, Totes, Misc.

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Unit	A1016	Achille, Patricia	Boxes, Bags, Totes, Misc.
Unit	A1086	Gates, Jennifer	Boxes, Bags, Totes, Misc.
Unit	A1145	Bohn, Jennifer	Boxes, Bags, Totes, Misc.
Unit	A2006	Leon, Mario	Boxes, Bags, Totes, Misc.
Unit	A2010	Pike, Grace	Boxes, Bags, Totes, Misc.
Unit	A2013	Small, Robert	Boxes, Bags, Totes, Misc.
Unit	A2031	Hyland, Timothy	Boxes, Bags, Totes, Misc.
Unit	A2032	Waller, Codey	Boxes, Bags, Totes, Misc.
Unit	A2033	Baker, Shawn	Boxes, Bags, Totes, Misc.
Unit	A2088	Blackwell, Victoria	Boxes, Bags, Totes, Misc.
Unit	A2109	Rogers, Danielle	Boxes, Bags, Totes, Misc.
Unit	A2117	Ocasio, Melinda	Boxes, Bags, Totes, Misc.
Unit	A2155	Jackson, Sheryl	Boxes, Bags, Totes, Misc.
Unit	A2194	Davis, Cornelius	Boxes, Bags, Totes, Misc.
Unit	A2200	Dangora, Stephanie	Boxes, Bags, Totes, Misc.
Unit	A3010	Hallisey, Thomas	Boxes, Bags, Totes, Misc.
Unit	A3036	Downey, Robert	Boxes, Bags, Totes, Misc.
Unit	A3039	Langone, Jennifer	Boxes, Bags, Totes, Misc.
Unit	A3053	Keefe, Patrick	Boxes, Bags, Totes, Misc.
Unit	A3058	Veliz, Omar	Boxes, Bags, Totes, Misc.
Unit	A3109	Noone, Barbaranne	Boxes, Bags, Totes, Misc.
Unit	A3113	Crowley, Deborah	Boxes, Bags, Totes, Misc.
Unit	A3128	Mac Donald, Anne	Boxes, Bags, Totes, Misc.
Unit	A3133	Remes, Meredith	Boxes, Bags, Totes, Misc.
Unit	A3134	Higgins, Mike	Boxes, Bags, Totes, Misc.
Unit	A3135	Belben, Nancy	Boxes, Bags, Totes, Misc.
Unit	A3145	Wynne, Craig	Boxes, Bags, Totes, Misc.
Unit	A3176	Hou, Merry	Boxes, Bags, Totes, Misc.
Unit	A3191	Hogan, Stephen	Boxes, Bags, Totes, Misc.
Unit	A3203	Carter, Dorothy	Boxes, Bags, Totes, Misc.
Unit	A3208	Reddington, Beth	Boxes, Bags, Totes, Misc.
Unit	B009	Willey, James	Boxes, Bags, Totes, Misc.
Unit	B015	Arthur, Brian	Boxes, Bags, Totes, Misc.
Unit	B016	Beaudoin, Patricia	Boxes, Bags, Totes, Misc.
Unit	D013	Souther, Susan	Boxes, Bags, Totes, Misc.

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#### Across

- 1 Talks on and on
- 5 A vital sign
- 10 Loafer
- 14 Throw off heat
- 15 Solemn assents
- 16 Cut it out
- 17 Proficient
- 18 Mubarak predecessor
- 19 Bear, to Brutus
- 20 Sweethearts
- 22 Thrift shop transactions
- 24 Tell a fib
- 25 Kayak user
- 26 Marvelous
- 30 One kind of flight
- 34 "Exodus" name
- 35 Pilot's sighting
- 36 Auburn tint
- 37 Wheel covers
- 40 Showing the way
- 42 Brainstorms
- 43 Blyth or Landers 44Take a gander
- 45 Round starters
- 46 Indistinct speakers
- 49 Like some canoes
- 52 Conquistador's quest
- 53 Salad garnish
- 56 Diviner
- 60 Briefcase closer
- 61 Steel rod
- 64 Common amphibian

# metro.us /games

- 65 Resound 66 Neutral tone
- 67 Bee colony
- 68 No-hitter king 69 Augmented
- 70 Verve
- -

#### Down

- 1 OK
- 2 Lectern
- 3 Brick oven 4 Addison's partner
- 5 Chose not to participate
- (2 wds.)
- 6 Ms. Thurman
- 7 Showed the way
- 8 Canine warning
- 9 Helena rival
- 10 Hunkered down
- 11 Cast 12 River into the Seine
- 13 LAX guesses

- 21 Female principle
- 23 Raw-fish delicacy 25 Turmoil
- 26 Sir, in India
- 27 Goody-goody
- 28 Malicious gossip 29 No --, ands or buts
- 31 Licorice flavoring
- 32 Hidden 33 Hits the ceiling
- 38 Ask a favor of (2 wds.)
- 39 Real estate
- 40 Large antelope
- 41 Not tied down
- 43 Poet -- Lowell
- 47 "It's freezing!"
- 48 Abhor 50 Main artery
- 51 Make bread
- 53 Sonny's ex
- EA Suggestive
- 54 Suggestive
- 55 Labor Dept. division
- 57 Wind into loops
- 58 Fluid rock
- 59 Paradise
- 62 Frost victim
- 63 It has long arms

# metro.us/crossword

1	2	3	4		5	6	7	В	9		10	11	12	13
14		+	+		15	+	+	+	+		16	+	+	+
17		+	-		18	+	+	+	+		19	+	+	+
20		+	+	21				22	+	23		+	+	+
	0		24	+			25				+			
26	27	28		+	+	29				30	+	31	32	33
34		+			35	+	+			36		+	+	
37		+	38	39				40	41		+	+	+	+
42		+	+	+			43	1	+			44	+	
45	10	+	+				46	+	-	47	48		+	
			49	+	50	51			52	+	+			
53	54	55		+		+			56	+	+	57	58	59
60	+	+	+		61	+	62	63			64	+	+	
65	-81	+	+		66		+	+	+		67	+	+	-
68	+	+	+		69	+	+	+	+		70	+	+	+

# metro.us/sudoku

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			9	8				
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		7				6		2
				4	9			
	5		6	2		8		
6	4				8			1

# metro.us/horoscopes

Aries Ask questions if you feel you aren't getting all the information required to assess a personal situation. Your relationship with others must be built on truth and equality.

Taurus You'll be given information that isn't accurate. Before taking action, find out exactly who did what. It's better to have your facts straight and to act appropriately.

Gemini Problems at home must not affect your ability to take care of responsibilities. Keep busy plugging away at what needs to be done if you want to avoid discord.

Cancer It's OK to be selfish once in a while.
Refuse to let someone take advantage of you.
Concentrate on what you enjoy doing and on the ones you love.

Leo Stay on top of your responsibilities.

Don't be afraid to do things differently.

Having an innovative approach will capture interest from someone in a key position.

Virgo You'll be at odds when it comes to emotional confrontations. Arguing will not solve a dilemma, but listening and showing consideration for others will.



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Libra Ease into any decision or commitment.
Consider the best way to excel professionally or personally without feeling beholden to

anyone.

Scorpio Lending or borrowing will lead to trouble. A possessive attitude is not conducive to exploring discovery. Choose to use intelligence over force.

₹<sup>1</sup>

**Sagittarius** Be careful from where you get your information. Someone will use emotional tactics to confuse you. If uncertainty sets in, go back to the beginning.

**%** 

Capricorn Live and learn. An emotional experience will lead to uncertainty and confusion about the best way to move forward. Time is on your side. Don't act in haste.



Aquarius Concentrate on your home, loved ones and what you can do to make your life better. Don't let disillusionment or emotional confusion take charge.



Pisces Share your intentions. Find out the facts if you are suspicious or confused about a certain relationship. Physical changes are encouraged. EUGENIA LAST

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